

The Food Of Paradise Exploring Hawaii's Culinary Heritage A Kolowalu Book

Offering diverse perspectives on Hawaii's food system, this book addresses themes of place and identity across time. From early Western contact to the present day, the way in which people in Hawaii grow, import, and consume their food has shifted in response to the pressures of colonialism, migration, new technologies, and globalization. Because of Hawaii's history of agricultural abundance, its geographic isolation in the Pacific Ocean, and its heavy reliance on imported foods today, it offers a rich case study for understanding how food systems develop in-place. In so doing, the contributors implicitly and explicitly complicate the narrative of the "local," which has until recently dominated much of the existing scholarship on Hawaii's foodways. With topics spanning GMO activism, agricultural land use trends, customary access and fishing rights, poi production, and the dairy industry, this volume reveals how "local food" is emplaced through dynamic and complex articulations of history, politics, and economic change. This book was originally published as a special issue of *Food, Culture, and Society*.

A fascinating exploration of our past, present, and future relationship with food For the first time in human history, there is food in abundance throughout the world. More people than ever before are now freed of the struggle for daily survival, yet few of us are aware of how food lands on our plates. Behind every meal you eat, there is a story. *Hamburgers in Paradise* explains how. In this wise and passionate book, Louise Fresco takes readers on an enticing cultural journey to show how science has enabled us to overcome past scarcities—and why we have every reason to be optimistic about the future. Using hamburgers in the Garden of Eden as a metaphor for the confusion surrounding food today, she looks at everything from the dominance of supermarkets and the decrease of biodiversity to organic foods and GMOs. She casts doubt on many popular claims about sustainability, and takes issue with naïve rejections of globalization and the idealization of "true and honest" food. Fresco explores topics such as agriculture in human history, poverty and development, and surplus and obesity. She provides insightful discussions of basic foods such as bread, fish, and meat, and intertwines them with social topics like slow food and other gastronomy movements, the fear of technology and risk, food and climate change, the agricultural landscape, urban food systems, and food in art. The culmination of decades of research, *Hamburgers in Paradise* provides valuable insights into how our food is produced, how it is consumed, and how we can use the lessons of the past to design food systems to feed all humankind in the future. "Albala's engaging tour through the host of Renaissance dietary theories reminds us that our preoccupations with food and susceptibility to cranky advice about nutrition are nothing new. This is superior scholarship delivered with a light touch."—Rachel Laudan, author of *The Food of Paradise: Exploring Hawaii's Culinary Heritage* "This stimulating work is an important contribution to social and especially medical-dietetic history. Albala is the first to explore in detail the role of dietetic literature in the development of the European nation state. His book is a pleasure to read."—Melitta Weiss Adamson, editor of *Food in the Middle Ages*

With culinary nationalism defined as a process in flux, as opposed to the limited concept of national cuisine, the contributors of this book call for explicit critical comparisons of cases of culinary nationalism among Asian regions, with the intention of recognizing patterns of modern culinary development. As a result, the formation of modern cuisine is revealed to be a process that takes place around the world, in different forms and periods, and not exclusive to current Eurocentric models. Key themes include the historical legacies of imperialism/colonialism, nationalism, the Cold War, and global capitalism in Asian cuisines; internal culinary boundaries between genders, ethnicities, social classes, religious groups, and perceived traditions/modernities; and global contexts of Asian cuisines as both nationalist and internationalist enterprises, and "Asia" itself as a vibrant culinary imaginary. The book, which includes a foreword from Krishnendu Ray and an afterword from James L. Watson, sets out a fresh agenda for thinking about future food studies scholarship.

The go-to soup-to-nuts guide on how to really make money from food writing, both in print and online With recipe-driven blogs, cookbooks, reviews, and endless foodie websites, food writing is ever in demand. In this award-winning guide, noted journalist and writing instructor Dianne Jacob offers tips and strategies for getting published and other ways to turn your passion into cash, whether it's in print or online. With insider secrets and helpful advice from award-winning writers, agents, and editors, *Will Write for Food* is still the essential guide to go from starving artist to well-fed writer.

Food is one of the most fundamental elements of culture and a significant marker of regional and ethnic identity. It encompasses many other elements of cultural heritage beyond the physical ingredients required for its production. These include folklore, religion, language, familial bonds, social structures, environmental determinism, celebrations and ceremonies, landscapes, culinary routes, smells, and tastes, to name but a few. However, despite all that is known about foodways and cuisine from hospitality, gastronomical, supply chain and agricultural perspectives, there still remains a dearth of consolidated research on the wide diversity of food and its heritage attributes and contexts. This edited volume aims to fill this void by consolidating into a single volume what is known about cuisines and foodways from a heritage perspective and to examine and challenge the existing paradigms, concepts and practices related to gastronomic practices, intergenerational traditions, sustainable agriculture, indigenous rituals, immigrant stories and many more heritage elements as they pertain to comestible cuisines and practices. The book takes a global and thematic approach in examining heritage cuisines from a wide range of perspectives, including agriculture, hunting and gathering, migration, ethnic identity and place, nationalism, sustainability, colonialism, food diversity, religion, place making, festivals, and contemporary movements and trends. All chapters are rich in empirical examples but steady and sound in conceptual depth. This book offers new insight and understanding of the heritage implications of cuisines and foodways. The multidisciplinary nature of the content will appeal to a broad academic audience in the fields of tourism, gastronomy, geography, cultural studies, anthropology and sociology. Science is beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content. In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change readers' eating and thinking habits for the better. Rather than getting caught up in whether we should go raw or vegan, gluten-free or paleo, Leaf shows readers that every individual is unique, has unique nutritional needs, and has the power to impact their own health through the right thinking. There's no one perfect solution. Rather, she shows us how to change the way we think about food and put ourselves on the path towards health. Anyone who is tired of traditional diet plans that don't work, who struggles with emotional eating, or who simply isn't satisfied with their level of health will find in this book the key to discovering how they can begin developing a healthier body, brain, and spirit.

Offers individual volumes on a country or regional cuisine for which information is most in demand. These are ideal for country studies for student assignments and for enhancing a foodie's cultural knowledge. California roll, Chinese take-out, American-made kimchi, dogmeat, monosodium glutamate, SPAM—all are examples of what Robert Ji-Song Ku calls "dubious" foods. Strongly associated with Asian and Asian American gastronomy, they are commonly understood as ersatz, depraved, or simply bad. In *Dubious Gastronomy*, Ku contends that these foods share a spiritual fellowship with Asians in the United States in that the Asian presence, be it culinary or corporeal, is often considered watered-down, counterfeit, or debased manifestations of the "real thing." The American expression of Asianness is defined as doubly inauthentic—as insufficiently Asian and unreliably American when measured against a largely ideological if not entirely political standard

of authentic Asia and America. By exploring the other side of what is prescriptively understood as proper Asian gastronomy, Ku suggests that Asian cultural expressions occurring in places such as Los Angeles, Honolulu, New York City, and even Baton Rouge are no less critical to understanding the meaning of Asian food—and, by extension, Asian people—than culinary expressions that took place in Tokyo, Seoul, and Shanghai centuries ago. In critically considering the impure and hybridized with serious and often whimsical intent, *Dubious Gastronomy* argues that while the notion of cultural authenticity is troubled, troubling, and troublesome, the apocryphal is not necessarily a bad thing: The dubious can be and is often quite delicious. *Dubious Gastronomy* overlaps a number of disciplines, including American and Asian American studies, Asian diasporic studies, literary and cultural studies, and the burgeoning field of food studies. More importantly, however, the book fulfills the critical task of amalgamating these areas and putting them in conversation with one another. Written in an engaging and fluid style, it promises to appeal a wide audience of readers who seriously enjoys eating—and reading and thinking about—food.

A Taste of Paradise is a guide to the preparation of delicious, easy to prepare foods with rich and authentic Caribbean flavors. These traditional foods form a natural, healthful diet with meals that are highly flavored and satisfying. The book provides over 200 traditional recipes for great tasting foods, many prepared with coconut cream. This book is more than an encyclopedia of traditional Dominican dishes. It explains how to prepare dishes, the selection and storage of tropical fruit, how to prepare plantains and cassava for cooking and how to obtain the most health benefit from foods. For example, it gives secrets on how to cook beans that are smooth and creamy and which avoid the formation of excess intestinal gas. This book was co-authored by a medical doctor board certified in preventive medicine

Diet books contribute to a \$60-billion industry as they speak to the 45 million Americans who diet every year. Yet these books don't just tell readers what to eat: they offer complete philosophies about who Americans are and how we should live. *Diet and the Disease of Civilization* interrupts the predictable debate about eating right to ask a hard question: what if it's not calories—but concepts—that should be counted? Cultural critic Adrienne Rose Bitar reveals how four popular diets retell the "Fall of Man" as the narrative backbone for our national consciousness. Intensifying the moral panic of the obesity epidemic, they depict civilization itself as a disease and offer diet as the one true cure. Bitar reads each diet—the Paleo Diet, the Garden of Eden Diet, the Pacific Island Diet, the detoxification or detox diet—as both myth and manual, a story with side effects shaping social movements, driving industry, and constructing fundamental ideas about sickness and health. *Diet and the Disease of Civilization* unearths the ways in which diet books are actually utopian manifestos not just for better bodies, but also for a healthier society and a more perfect world.

Chop suey. Sushi. Curry. Adobo. Kimchi. The deep associations Asians in the United States have with food have become ingrained in the American popular imagination. So much so that contentious notions of ethnic authenticity and authority are marked by and argued around images and ideas of food. *Eating Asian America: A Food Studies Reader* collects burgeoning new scholarship in Asian American Studies that centers the study of foodways and culinary practices in our understanding of the racialized underpinnings of Asian Americanness. It does so by bringing together twenty scholars from across the disciplinary spectrum to inaugurate a new turn in food studies: the refusal to yield to a superficial multiculturalism that naively celebrates difference and reconciliation through the pleasures of food and eating. By focusing on multi-sited struggles across various spaces and times, the contributors to this anthology bring into focus the potent forces of class, racial, ethnic, sexual and gender inequalities that pervade and persist in the production of Asian American culinary and alimentary practices, ideas, and images. This is the first collection to consider the fraught itineraries of Asian American immigrant histories and how they are inscribed in the production and dissemination of ideas about Asian American foodways.

The Food of Paradise Exploring Hawaii's Culinary Heritage University of Hawaii Press

- Approximately 100 entries
- A representative recipe for each entry
- Photographs and drawings
- Suggested readings for each entry
- Alphabetical and geographical lists of entries
- A selected bibliography

Covering topics ranging from the establishment of the Gulf Coast shrimping industry in 1800s to the Korean taco truck craze in the present day, this book explores the widespread contributions of Asian Americans to U.S. food culture.

- Describes Chinese American, Japanese American, Korean American, Filipino American, and Vietnamese American food cultures
- Introduces many of the major contributions Asian Americans have made to the American culinary landscape through a historical overview of Asian immigration to the United States and an examination of the rise of Asian-owned restaurants, markets, groceries, and packaged food companies
- Details the cooking techniques, ingredients, dishes, and styles of dining that Asian Americans have introduced to the United States
- Supplies a chronology, resource guide, selected bibliography, and illustrations to complement the text

Tracing the intertwined roles of food, ethnicity, and regionalism in the construction of American identity, this textbook examines the central role food plays in our lives. Drawing on a range of disciplines—including sociology, anthropology, folklore, geography, history, and nutrition—the editors have selected a group of engaging essays to help students explore the idea of food as a window into American culture. The editors' general introductory essay offers an overview of current scholarship, and part introductions contextualize the readings within each section. This lively reader will be a valuable supplement for courses on American culture across the social sciences.

After a five year absence, an 18-year-old runaway returns to her family in Miami to deal with the guilty secret that caused her to flee in this new novel from the author of *Origin*. 35,000 first printing.

More than 150 recipes explore the intoxication of Bahamian foods, always a centerpiece of enjoyment for family and friends. Good background notes help readers discover the charm of this often under-rated cuisine which features conch, johnny cakes, cassava and mutton plus a host of other traditional Bahamian specialties. "Bahamian cuisine is never bland. Our food consists of a variety of fresh tropical fruits, spices, chilies, lime and rum. Seafood is the staple diet and we believe that fresh is best!"

This book explores the intersection of food and foodways from global and local perspectives. The collection contributes to interdisciplinary debates about the role and movement of commodities in the historical and contemporary world. The expert contributions collectively address a fundamental tension in the emerging scholarly terrain of food studies,

namely theorizing the relationship between foodstuff production and cuisine patterns. They explore a wide variety of topics, including curry, bread, sugar, coffee, milk, pulque, Virginia ham, fast-food, obesity, and US ethnic restaurants. *Local Foods Meet Global Foodways* considers movements in context, and, in doing so, complicates the notions that food 'shapes' culture as it crosses borders or that culture 'adapts' foods to its neo-local or global contexts. By analysing the dynamics of contact between mobile foods and/or people and the specific cultures of consumption they provoke, these case studies reveal the process whereby local foods become global or global foods become local, to be a dynamic, co-creative development jointly facilitated by humans and nature. This volume explores a vast expanse of global regions, such as North and Central America, Europe, China, East Asia and the Pacific, India, sub-Saharan Africa, the Atlantic Ocean, and the USSR/Russia. It includes a foreword by the eminent food scholar Carole Counihan, and an afterword by noted theorist of cuisine Rachel Laudan, and will be of great interest to students and researchers of history, anthropology, geography, cultural studies and American studies. This book is based on a special issue of *Food and Foodways*.

Explores the universal myth of Paradise across cultures, uncovering its personal message and social consequences. Companion video.

An authoritative history of the foods of India, complete with recipes, ranges from the imperial kitchen of the Mughal invader Babur to the smoky cookhouse of the British Raj and includes information on the influence of various food traditions on the evolution of Indian specialties.

The inheritance of a lifetime... with a catch When Sophie's uncle leaves her a castle in the Italian Riviera in his will, she can't believe her luck. The catch? She and her estranged sister, Rachel, must live there together for three months in order to inherit it. Having worked in Rome for four years, Sophie's excited to revisit to Italy, even if it reignites memories of a cheating ex who soon learns of her return and wants to rekindle their spark. Sophie realises that distance does indeed make the heart grow fonder – but for her friend back home, Chris, who she discovers is more to her than just a friend. With the clock ticking, can Sophie and Rachel stick it out and heal old wounds, or are the sisters destined to go their own way at the end of the three months? And does Chris feel the same way about Sophie as she does for him? A beautiful story of romance and sisterhood, perfect for fans of Alex Brown and Lucy Coleman.

Coming from Liguria, an area of the Italian Riviera that spawned pesto and foccacia, this cookbook delves further into the food of the region, providing more than two hundred Ligurian recipes, such as braised duck with green olives and cherry tart genovese.

The story of cuisine and the social history of eating is a fascinating one, and Maguelonne Toussaint-Samat covers all its aspects in this classic history. New expanded edition of a classic book, originally published to great critical acclaim from *Raymond Blanc*, *The New York Times*, *The Sunday Telegraph*, *The Independent* and more. Tells the story of man's relationship with food from earliest times to the present day. Includes a new foreword by acclaimed food writer Betty Fussell, a preface by the author, updated bibliography, and a new chapter bringing the story up to date. New edition in jacketed hardback, with c.70 illustrations and a new glossy color plate section "Indispensable, and an endlessly fascinating book. The view is staggering. Not a book to digest at one or several sittings. Savor it instead, one small slice at a time, accompanied by a very fine wine." –*New York Times* "This book is not only impressive for the knowledge it provides, it is unique in its integration of historical anecdotes and factual data. It is a marvellous reference to a great many topics." –*Raymond Blanc* "Quirky, encyclopaedic, and hugely entertaining. Adelight." –*Sunday Telegraph* "It's the best book when you are looking for very clear but interesting stories. Everything is cross-referenced to an extraordinary degree, which is great because the information given is so complex and interweaving." –*The Independent* "A History of Food is a monumental work, a prodigious feat of careful scholarship, patient research and attention to detail. Full of astonishing but insufficiently known facts." –*Times Higher Education Supplement*

A lyrical debut novel from a musician and artist renowned for her sharp sexual and political imagery Jo is in a strange new country for university and having a more peculiar time than most. In a house with no walls, shared with a woman who has no boundaries, she finds her strange home coming to life in unimaginable ways. Jo's sensitivity and all her senses become increasingly heightened and fraught, as the lines between bodies and plants, dreaming and wakefulness, blur and mesh. This debut novel from critically acclaimed artist and musician Jenny Hval presents a heady and hyper-sensual portrayal of sexual awakening and queer desire.

When her husband left her with a baby, a toddler and a fledgling business, Francesca managed - she wasn't always gentle or patient, but the business thrived and Chris and Angelina had food to eat. At nearly 70, she feels she's earned a peaceful retirement. But when a massive stroke leaves her voiceless, partially paralysed and wholly reliant on the staff of an extended care facility, it seems her freedom is lost.

From life along the Tigris River in the 1970s to the ongoing Arab Spring uprisings, Phil Karber has witnessed decades of change throughout the Middle East. *Fear and Faith in Paradise* draws on his wealth of experience to sketch a timely and compelling portrait of the region throughout history. Seamlessly moving between past and present, Karber skillfully develops two overarching themes: How America's footprint can be shifted from a military to a humanitarian emphasis and how fear is used as a cudgel by today's monotheistic leaders to sacrifice the faithful. Whether Christian, Muslim, or Jewish, they all invoke their own vision of paradise, often as incentive, in hopeless conflicts that seem doomed to be repeated. Karber's down-to-earth writing vividly conveys the region's charm and beauty against a backdrop of power struggles among competing faiths, nationalisms, and outside forces.

Hawaii has one of the richest culinary heritages in the United States. Where else would you find competitions for the best saimin, sushi, Portuguese sausage, laulau, plate lunch, kim chee, dim sum, shave ice, and hamburgers? Hawaii's contemporary regional cuisine (affectionately known as "Local Food" by residents) is a truly amazing fusion of diverse culinary influences. In *The Food of Paradise: Exploring Hawaii's Culinary Heritage*, Rachel Laudan takes readers on a thoughtful, wide-ranging tour of Hawaii's farms and gardens, fish auctions and vegetable markets, fairs and carnivals, mom-and-pop stores and lunch wagons, to uncover the delightful complexities and incongruities in Hawaii's culinary history that have led to such creations as saimin, crack seed, and butter mochi. Part personal memoir, part historical

narrative, part cookbook, *The Food of Paradise* begins with a series of essays that describe Laudan's initial encounter with a particular Local Food, an encounter that puzzled her and eventually led to tracing its origins and influence in Hawaii. Representative recipes follow. Like pidgin, the creole language created by Hawaii's early immigrants, Local Food is a creole cuisine created by three distinct culinary influences: Pacific, American and European, and Asian. In her attempt "to decipher Hawaii's culinary Babel", Laudan examines the contributions of each, including the introduction of new ingredients and the adaptation of traditional dishes to Hawaii's way of life. More than 150 recipes, photographs, a bibliography of Hawaii's cookbooks, and an extensive glossary make *The Food of Paradise* an invaluable resource for cooks, food historians, and Hawaiian buffs.

This entertaining and informative encyclopedia examines American regional foods, using cuisine as an engaging lens through which readers can deepen their study of American geography in addition to their understanding of America's collective cultures. • Includes dozens of recipes that students and readers can test for themselves • Highlights and thus preserves the cultural integrity of endangered regional foods • Supports learning through engagingly written entries accessible to readers of all ages • Allows readers to think critically about foods and their origins • Highlights "fun facts" about the entries, including terminology and laws, in sidebars

By bestselling illustrator Claudine Gevry, this storybook featuring flaps to lift and adorably out-of-place polar animals teaches ten fun colors! Children are sure to enjoy learning colors with polar animal friends who take a vibrant vacation from their white winter wonderland. This interactive flap book allows children to explore different colors as animals like seals and penguins vacation in a world full of summer activities. Surf's up!

What we eat, where it is from, and how it is produced are vital questions in today's America. We think seriously about food because it is freighted with the hopes, fears, and anxieties of modern life. Yet critiques of food and food systems all too often sprawl into jeremiads against modernity itself, while supporters of the status quo refuse to acknowledge the problems with today's methods of food production and distribution. *Food Fights* sheds new light on these crucial debates, using a historical lens. Its essays take strong positions, even arguing with one another, as they explore the many themes and tensions that define how we understand our food—from the promises and failures of agricultural technology to the politics of taste. In addition to the editors, contributors include Ken Albala, Amy Bentley, Charlotte Biltekoff, Peter A. Coclanis, Tracey Deutsch, S. Margot Finn, Rachel Laudan, Sarah Ludington, Margaret Mellon, Steve Striffler, and Robert T. Valgenti.

Jordan begins with the heirloom tomato, inquiring into its botanical origins in South America and its culinary beginnings in Aztec cooking to show how the homely and homegrown tomato has since grown to be an object of wealth and taste, as well as a popular symbol of the farm-to-table and heritage foods movements. She shows how a shift in the 1940s away from open pollination resulted in a narrow range of hybrid tomato crops. But memory and the pursuit of flavor led to intense seed-saving efforts increasing in the 1970s, as local produce and seeds began to be recognized as living windows to the past.

This comprehensive reference work introduces food culture from more than 150 countries and cultures around the world—including some from remote and unexpected peoples and places. * Entries covering over 150 countries and cultures from around the world * More than 100 expert contributors * Vignettes * An index that facilitates cross-cultural comparison

Traces the history of such iconic Californian vegetation as orange trees, giant redwoods, and palm trees, including the impact the vegetation had on the people living and working in the state.

"Other books have ably explored India's far southern territory, but Ms. Ramachandran reveals amazing range and depth in Kerala's Hindu vegetarian traditions."-*The New York Times* review

"Ammini Ramachandran, a Texas based food writer with roots in the Indian state of Kerala, has self published an authoritative cookbook cum memoir, *Grains, Greens, and Grated Coconuts*, on that region's elaborate, nuanced cuisine."-*Saveur* February, 2008 "Recipes that make me want to rush to the kitchen, intriguing techniques that could be used with other cuisines,

fascinating personal stories about growing up in a big Kerala household, all embedded in a deep understanding of Kerala as a pivot of Asian history. It's a wonderful tribute to Kerala and a stunning gift for the rest of us."-Rachel Laudan, author of *The Food of Paradise: Exploring Hawaii's Culinary Heritage* "Grains, Greens, and Grated Coconuts is a jewel of a cookbook—from its authentic recipes (many published here for the first time) to Ammini Ramachandran's evocative personal anecdotes of Kerala's culinary traditions. It is at once scholarly, yet accessible, and especially charming for its delicious recipes and intriguing stories from the royal kitchens of Kochi."-Grace Young, author of *The Wisdom of the Chinese Kitchen*

Ethnic American Food Today is the first encyclopedia to illuminate the variety and complexity of ethnic food cultures in this country and to address their place within the larger American culture.

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Essays on food and language from the Proceedings of the Oxford Symposium on Food and Cooking 2009.

Rachel Laudan tells the remarkable story of the rise and fall of the world's great cuisines—from the mastery of grain cooking some twenty thousand years ago, to the present—in this superbly researched book. Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree, she shows how periodic seismic shifts in "culinary philosophy"—beliefs about health, the economy, politics, society and the gods—prompted the construction of new cuisines, a handful of which, chosen as the cuisines of empires, came to dominate the globe. *Cuisine and Empire* shows how merchants, missionaries, and the military took cuisines over mountains, oceans, deserts, and across political frontiers. Laudan's innovative narrative treats cuisine, like language, clothing, or architecture, as something constructed by humans. By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage, she challenges the agrarian, romantic, and nationalistic myths that underlie the contemporary food movement.

Over the past decade there has been a remarkable flowering of interest in food and nutrition, both within the popular media and in academia. Scholars are increasingly using foodways, food systems and eating habits as a new unit of analysis within their own disciplines, and students are rushing into classes and formal degree programs focused on food. Introduced by the editor and including original articles by over thirty leading food scholars from around the world, the *Routledge International Handbook of Food Studies* offers students, scholars and all those interested in food-related research a one-stop, easy-to-use reference guide. Each article includes a brief history of food research within a discipline or on a particular topic, a discussion of research methodologies and ideological or theoretical positions, resources for research, including archives, grants and fellowship opportunities, as well as suggestions for further study. Each entry also explains the logistics of succeeding as a student and professional in food studies. This clear, direct Handbook will appeal to those hoping to start a career in academic food studies as well as those hoping to shift their research to a food-related project. Strongly interdisciplinary, this work will be of interest to students and scholars throughout the social sciences and humanities.

Winner, 2019 IACP Award, Best Book of the Year, International Named one of the Best Cookbooks of the Year / Best Cookbooks to Gift by the *New York Times*, *Food & Wine*, *Saveur*,

Rachael Ray Every Day, National Geographic, The Guardian and more “Truly insider access, an authentic look at the traditions of one of the most incredible culinary regions of the world.” —José Andrés Tucked away in the northwest corner of Spain, Basque Country not only boasts more Michelin-starred restaurants per capita than any other region in the world, but its unique confluence of mountain and sea, values and tradition, informs every bite of its soulful cuisine, from pintxos to accompany a glass of wine to the elbows-on-the-table meals served in its legendary eating clubs. Yet Basque Country is more than a little inaccessible—shielded by a unique language and a distinct culture, it’s an enigma to most outsiders. Until now. Marti Buckley, an American chef, journalist, and passionate Basque transplant, unlocks the mysteries of this culinary world by bringing together its intensely ingredient-driven recipes with stories of Basque customs and the Basque kitchen, and vivid photographs of both food and place. And surprise: this is food we both want to eat and can easily make. It’s not about exotic ingredients or flashy techniques. It’s about mind-set—how to start with that just-right fish or cut of meat or peak-of-ripeness tomato and coax forth its inherent depth of flavor. It’s the marriage of simplicity and refinement, and the joy of cooking for family and friends.

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